Nutrition Education Lesson Second Grade (TL-2-2)				
Nutrition	This lesson is designed to increase students' knowledge of a wide variety of fruits and vegetables.			
constructs				
Iowa Core	W.2.1 – Write informative/explanatory texts in which they introduce a topic, use facts and definitions to develop points, and provide a concluding statement or section.			
Supplies	Physical Activity Card Set (provided), a whole fruit or vegetable of your choice, paper, pencil.	Time	30-35 minutes	
needed		required		
Before the	Read through the lesson below and determine if the students will need descriptive words and examples of fruits and veggies written on the board to			
lesson	complete this activity.			
Lesson	 Begin this lesson by doing a few minutes of physical activity with your students. Choose an activity from the provided. Take the opportunity to remind your students how important it is to be active throughout the day strong. 	ng a few minutes of physical activity with your students. Choose an activity from the physical activity card set ortunity to remind your students how important it is to be active throughout the day to keep our bodies and minds		
	 Let's take a few minutes to think about the fruits and vegetables we have tasted so far in nutrition education. Ask students to name a formula to Today we're going to imagine that we need to describe our favorite fruit or vegetable to someone from another part of the world who never tasted it or seen it before. 			
	3. Share the fruit or vegetable you brought to class and ask students to call out words that describe it.			
	4. Take a few minutes to decide which fruit or vegetable you're going to describe. It could be one we tasted in class, one from school lunch or one you have eaten at home. Now do a brainstorm and write down at least 10 words or statements that describe your choice. Think about the following: color, texture, smell, taste, sound, where do you eat it? How do you eat it? How does it grow?.			
	5. Once all students have completed their brainstorm, give students a chance to read their descriptors and see can guess what they have described.	hance to read their descriptors and see if the other students in the class		
	6. As a recommended, optional extension, consider building a writing assignment around their brainstorm from this lesson. This will complete the steps needed to address Iowa Core Standard W.2.1.			